

MOUNTAINEER

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Courtesy photo

SnoFest!!! ...

Two SnoFest!!! participants get their cardboard derby ready for racing. Awards were given for most creative cardboard derby racer, closest to target, best engineered and best of show. The derby was part of the 14th annual SnoFest!!! Jan. 30 to Feb. 1 at Keystone Mountain. More than 3,000 area servicemembers participated.

Army needs more troops through 2007

by Joe Burlas
Army News Service

WASHINGTON — A day after Army Chief of Staff Gen. Peter Schoomaker told Congress the Army needs almost 30,000 more Soldiers than the 482,000 currently authorized for the next few years, another senior Army leader briefed the Pentagon media pool on why the temporary increase is needed.

Speaking on background, the official said Jan. 29, the extra troops are about building capabilities that meet ongoing deployment requirements and new manpower needs as the Army restructures into a more modular, responsive, joint, expeditionary, relevant and responsive force.

"One of the benefits of being an Army at war is that war focuses us," the official said. "As the Army moves to rebalance and reset the force, we are provided a window of opportunity to reset to where we need and want to be."

A major component of the restructure effort is changing the composition of the Army's 10 active-duty divisions. Instead of a division having three brigade combat teams, it will have four, the official said. Growing the fourth includes taking much of the division-level support elements — such as engineers, military intelligence, supply and maintenance units — and making them organic to the brigade structure.

The restructure effort means a need for more infantrymen than the current Army force structure allows, about 3,000 to 4,000 more per division on the active-duty side, the official said.

Some of the new infantry positions will be filled by Soldiers in units the Army plans to disband.

Hardest hit will be the Army's field artillery community, which recently lost a brigade's worth of National Guard artillerymen who are currently being trained to serve as military police officers. The Army plans to disband an additional 39 artillery battalions in the active force and the National Guard. With joint fires available from the Air Force and Navy, the Army must divest itself of much of the Cold War-era heavy fires structure, the official said.

Additionally, the Army will disband 10 air defense artillery battalions. Many of these positions will

People no longer eligible for TRICARE can get creditable coverage certificate

Courtesy Evans Army Community Hospital

Starting Feb. 1, the Department of Defense Military Health System began automatically issuing a Certificate of Creditable Coverage to any former uniformed services sponsor or family member who loses eligibility for health care benefits under TRICARE.

Eligibility for TRICARE may end as a result of a sponsor's separation from active duty status, divorce, demobilization — if the sponsor is a member of the National Guard or Reserves — or a dependent child reaching age 21 (23 for full-time students).

For persons no longer eligible for TRICARE, the certificate serves as proof of previous health care coverage and limits the time another health care plan may exclude them from participating in the health care plan because of a preexisting medical condition.

The Defense Manpower Data Center Support Office, as custodian of the Defense Enrollment Eligibility Reporting System, will mail a certificate for the sponsor or family member within five to 10 days after eligibility has been lost. As long as a current address is on file in DEERS, members may expect to receive the certificate within 30 days.

Sponsors or family members needing to expedite receipt of a certificate may mail or fax a request to the DSO. The request should include the sponsor's name and Social Security number, name of family member(s) for whom the certificate is needed, reason for the urgent request, name and address of the person or organization where the certificate should be sent,

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Ghost Town, on the city's West Side, has been attracting tourists for 50 years.

See Page 25.

Feature



The 984th MPs undergo live-fire training.

See Pages 16 and 17.

Early deadline

As the post observes a training holiday Feb. 13 and Presidents Day Feb. 16., the *Mountaineer* will be published a day early next week.

Publication items are due today; classified ads must be in by noon Monday.

Post Weather hotline:

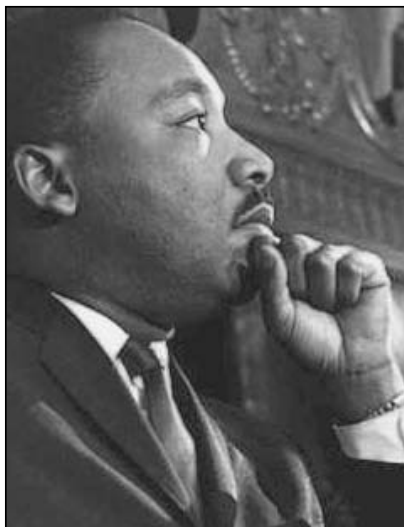
526-0096

Fort Carson celebrates MLK's life

by **Spc. Jon Wiley**
Mountaineer staff

Fort Carson celebrated the Dr. Martin Luther King Jr. holiday with an observance at the McMahon Theater Jan. 13. Command Sgt. Maj. Terrance McWilliams, the 7th Infantry Division and Fort Carson command sergeant major, spoke at the event.

The holiday, which is officially observed on the third Monday of January, is a time for Americans to reflect on the principles of racial equality and nonviolent social change.



King

King, the pre-eminent figure of the civil rights movement of the 1950s and 1960s, changed the American landscape of racial relations before being assassinated by James Earl Ray in Memphis, Tn., April 4, 1968.

During the Fort Carson event, Dwayne Carrington recited King's best-known speech, "I Have a Dream" reminding Soldiers of King's vision of racial equality. The speech, originally delivered to a crowd of 250,000 people gathered at the Washington Monument in Washington, D.C. in 1963, is widely regarded by historians as the most influential piece of 20th century American oratory. Today, American schoolchildren study the speech alongside the Declaration of Independence and the Gettysburg Address.

In addition to the "I Have A Dream" speech, King left a rich legacy of accomplishments. In 1964, at the age of 35, he became the youngest man to win the Nobel Peace Prize. After winning, he donated the \$54,123 of prize money he won to the furtherance of the civil rights movement.

During his short lifetime, he traveled over six million miles, spoke over 2500 times and wrote five books and numerous articles. Time Magazine named him Man of the Year for 1963, and he consulted with presidents John F. Kennedy and Lyndon B. Johnson.

He also led several protests in many cities, the largest of which took place in Birmingham, Ala. For these activities, he was arrested more than 20 times and assaulted at least four times.

Fort Carson will continue to recognize the achievements of African Americans by holding a Black History Month celebration Feb. 26 at the Elkhorn Conference Center from 11:30 a.m to 1 p.m.

An excerpt from Dr. Martin Luther King Jr.'s "I Have A Dream" speech, originally delivered Aug. 28, 1963.

I have a dream that one day this nation will rise up and live out the true meaning of its creed: "We hold these truths to be self-evident: that all men are created equal." I have a dream that one day . . . the sons of former slaves and the sons of former slaveowners will be able to sit down together at a table of brotherhood . . . I have a dream that my four children will one day live in a nation where they will not be judged by the color of their skin but by the content of their character . . .

I have a dream that one day . . . little black boys and black girls will be able to join hands with little white boys and white girls and walk together as sisters and brothers . . . This is our hope. This is the faith with which I return to the South . . . With this faith we will be able to transform the jangling discords of our nation into a beautiful symphony of brotherhood. With this faith we will be able to work together, to pray together, to struggle together, to go to jail together, to stand up for freedom together, knowing that we will be free one day . . .

And if America is to be a great nation, this must become true. So let freedom ring from the prodigious hill-tops of New Hampshire. Let freedom ring from the mighty mountains of New York. . . . Let freedom ring from the snowcapped Rockies of Colorado! Let freedom ring from the curvaceous peaks of California! But not only that; let freedom ring from Stone Mountain of Georgia! . . . From every mountainside, let freedom ring.

When we let freedom ring, when we let it ring from every village and every hamlet, from every state and every city, we will be able to speed up that day when all of God's children, black men and white men, Jews and Gentiles, Protestants and Catholics, will be able to join hands and sing in the words of the old Negro spiritual, "Free at last! free at last! Thank God Almighty, we are free at last!"

Sound Off!

What would you do to improve basic combat training?



"Probably a lot more of the new crew-served weapons."

Staff Sgt. Charles Davis
116th Combat Engineer
Company.



"Segregate males from females — the training is compromised because of that."

Spc. Nathanael Peeler
115th Engineer Group



"I think they should incorporate more heavy weapons into the training."

Spc. Sterling Wilkey
116th Combat Engineer
Company



"It needs to be extended ... It needs to be more battle focused."

Sgt. 1st Class William Bryce
1022nd Medical
Company

LETTERS TO THE EDITOR

The *Mountaineer* invites readers to write letters to the editor in response to stories in the *Mountaineer* or events that affect the entire Mountain Post Team.

Guidelines are set to ensure fairness to everyone. All letters must be signed and include an address or unit designation and daytime telephone number for verification. No address or telephone number will be published and name will be withheld upon request. Anonymous letters will not

be considered.

Letters should be no longer than 200 words in length. The *Mountaineer* reserves the right to appropriately edit all letters. If a letter involves an on-post situation, the text of the letter will be forwarded to the appropriate person or directorate for comment. Obscene or pornographic language or materials will not be published.

Because of legal restrictions, both in federal regulations and AR 360-11, under which the *Mountaineer* is pub-

lished, no letters concerning local or national political issues will be published. Publication of any letters will also conform to all appropriate Department of Defense and U.S. Army regulations.

Letters may be sent to: Letters to the Editor, The *Mountaineer*, 1550 Specker Ave., Fort Carson, CO 80913 or dropped off at the *Mountaineer* office, building 1550, Room 2180.

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80903, phone (719) 634-1593. The *Mountaineer's* editorial content is edited, prepared and provided by the Public Affairs Office, Bldg. 1550, room 2180, Fort Carson, CO 80913-5119, phone (719) 526-4144.

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News

Army strives to combat identity theft

by Andrea Takash
Army News Service

WASHINGTON – The Army is working to ensure that thieves can't steal the personal information of Soldiers, their families and Army civilians.

Over the past five years, 27 million American adults have been victims of identity theft, according to the Federal Trade Commission's 2003 Identity Theft Survey Report.

"Identity theft was the number two most reported crime to the federal government in 2003, and it is on the rise," said Peter D. Anzulewicz, information assurance analyst, Army Web Risk Assessment Cell.

The Army Web Risk Assessment Cell in the Information Assurance Directorate released a distance learning training course Feb. 1 that contains a section on Department of Defense and Army Web site policy and an interactive Web site. The interactive Web site will test Web administrators' knowledge of the policies.

"The distance learning training course will teach Web administrators what is and is not permitted on publicly accessible Army Web sites," Anzulewicz said.

"We have been working with other Department of Defense agencies to minimize the risk of identity theft through the removal of inappropriate personal infor-

mation from Army publicly accessible Web sites during the AWRAC review of Web content," Anzulewicz said.

For example, commanders' biographies on the Web no longer list the names of family members. The publicly accessible Web sites should only list office names and phone numbers. The only names on the Web sites should be Army spokespeople, Anzulewicz said.

Anzulewicz explained that it is imperative for securing personal information that Web administrators, Web masters and commanders understand the DOD and Army's Web policies. "Criminals don't have to be clever to steal identities; they are just a keyboard away," he said.

Under the Identity Theft and Assumption Deterrence Act, it is a federal crime when someone transfers or uses a means of identification of another person with the intent to commit any unlawful activity that constitutes a violation of Federal law.

Identity theft takes only minutes for thieves to accomplish, but recovering from identity theft takes months to years for the victims of this serious crime, Anzulewicz said.

Three common ways of stealing identities exist. "Most identity thieves take personal information out of mailboxes or trash cans," Anzulewicz said.

However, the Internet is a growing outlet for criminals, he said "People give their personal information away every day on the Internet," Anzulewicz said.

He said Soldiers and their families can protect themselves from identity theft by being cautious of giving out their personal information. If your credit card is missing or stolen, Anzulewicz said immediately call the credit card company. "Ask that a 'fraud alert' be placed in your file," he said.

"Also, make sure you check your credit card bills for abnormal charges. Invest in a shredder and shred all of your personal information before throwing it away," he said.

Furthermore, he advises people to order an annual copy of their credit report from the three credit reporting agencies — Equifax, Trans Union and Experian. Check for accuracy on the reports and make sure the activities listed were authorized.

Identity theft victims should call the Federal Trade Commission Identity Theft Hotline at (877) ID-THEFT, Anzulewicz said. When people call the hotline, trained personnel guide them through the steps needed to resolve their issues resulting from identity theft.

For more information on identity theft, go to the Federal Trade Commission's Web site at www.consumer.gov/idtheft/.

Byrne takes 1st MOB command

by Pfc. Stephen Kretsinger
Mountaineer staff

Col. Michael A. Byrne took command of the 1st Mobilization Brigade, 5025th Garrison Support Unit in a change of command ceremony held at McKibben Physical Fitness Center Jan. 30. He is replacing Col. Norman H. Andersson as commander of the unit.

Andersson had been commander of the 1st Mobilization Brigade, 5025th Garrison Support Unit for three years, five months and plans to retire in July after 30 years of military service. He is joined here by his wife and son.

"My thanks to this unit and its command staff," said Andersson. "Together, we made our Power Projection Platform work."

Byrne's career includes assignments such as commander of Headquarters and Headquarters Company, 19th Engineer Battalion, 194th Separate Armor Brigade in Fort Knox, Ky., commander of the 52nd Engineers Battalion (Tri-Component), deputy commander, S-3 and S-1 of the 372nd Engineers

Group, Des Moines, Iowa, platoon leader and executive commander in Company D, 17th Engineer Battalion, 2nd Armor Division (FWD), U.S. Army Europe. He has also been the senior engineer instructor at the U.S. Army Armor School in Fort Knox, Ky. and assistant professor of Military Science at the South Dakota University in Brookings, S.D.

Byrne holds a master's degree in Civil Engineering from Iowa State University. He is a graduate of the Engineer Officer Basic Advanced Courses, and the Command and General Staff College.

His military decorations include the Bronze Star Medal, the Defense Meritorious Service Medal,

the Meritorious Service Medal with three oak leaf clusters, the Army Achievement Medal and the Parachutists Badge.

"I'm very honored to have been selected to command this unit," said Byrne. "I'm very impressed with what I have seen of the staff and the unit. This a great way to start a command."

"I'm very honored to have been selected to command this unit. I'm very impressed with what I have seen of the staff and the unit. This a great way to start a command."

Col. Michael A. Byrne
1st Mobilized Brigade commander



Photo by Cpl. Matt Millham

Maj. Gen. Robert Wilson, 7th Infantry Division and Fort Carson commanding general, presents Col. Michael A. Byrne with the unit colors, signifying the change of command.

Military

Soldier receives Purple Heart

by **Spc. Aimee J. Felix**
Mountaineer staff

During a routine water run outside the Army base in Mosul, Iraq, a four-vehicle convoy came under attack. One of the Soldiers involved saved the life of his driver, exposing himself to numerous rounds of AK-47 armor-piercing ammunition.

Spc. Joseph R. Lillibridge, a general construction equipment operator with the 52nd Engineer Battalion, was awarded a Purple Heart during a ceremony Jan. 28 for the wounds he sustained while under attack.

Lillibridge was a guardsman from Oregon who deployed to Kuwait from Fort Carson after two months of training. In Kuwait, Lillibridge volunteered to go to Iraq when his commander gave him that choice. "He's always quick to volunteer," said Cpl. Clark Mosley, a fellow 52nd Engineer Soldier who worked with Lillibridge in Kuwait for two months. In Kuwait, Mosley collapsed and Lillibridge, who is a quali-

fied combat lifesaver, reacted immediately and injected Mosley intravenously with fluids. Lillibridge's quick reaction prevented Mosley from having a heat stroke. "He's always on top of things like that," said Mosley.

Such reaction time is what kept Lillibridge alive Sept. 11, 2003, when the convoy he was traveling in was attacked. He was the passenger in an M916A2 tractor, pulling a 6,000-gallon water trailer. As they were driving outside the gate, Lillibridge saw a man leaning against the wall of a building. He looked unarmed, but when they drove past him, Lillibridge could see in the rearview mirror that he was pulling out an AK-47 from under his garb.

Spc. Chris Jones, the driver, received the first bullet. It hit his Kevlar, traveled through the inside of it and stayed there, never reaching his head. Jones was knocked out for about 30 seconds. Lillibridge reached over to pull Jones' head down to keep him from being shot again. When doing so,



Photo by Spc. Aimee J. Felix

Spc. Joseph R. Lillibridge, a 52nd Engineer Battalion Soldier, receives a Purple Heart during a ceremony Jan. 28.

Lillibridge was shot in the back. At first, it felt like a bee-sting, he said. His adrenaline was pumping, and all he

could think about and hear were live

See Purple Heart, Page 6

Military Briefs

Misc.

West Point — The U.S. Military Academy at West Point is looking for branch-qualified company grade officers and noncommissioned officers in the rank of sergeant first class interested in an assignment to the USMA. NCOs should have drill sergeant or platoon sergeant experience with 12 to 15 years of service to be assigned to the staff and faculty as instructors and company tactical NCOs. Selected officers will normally attend advanced civil schooling for up to two years followed by a three-year tour at West Point. For application information, go to <http://www.usma.army.mil/adjutant-general> or write to Management Operations Branch, AG Division, West Point, N.Y. 10996-1926.

Go Warrant Officer — The Army is looking for highly motivated Soldiers to fill its warrant officer positions, open in all 45 specialties if you qualify. Soldiers with less than 12 years active federal service are encouraged to apply. For more information, contact the Warrant Officer Recruiting Team at

www.usarec.army.mil/warrant or DSN 536-0484/0458/0488/0478/1860/0271.

CIF Hours

Central Issue Facility hours of operation:

Regular business hours

Mondays, Tuesdays, Wednesdays and Thursdays from 7:30 a.m. to noon

and 12:30 to 3 p.m. and Fridays from 7:30 a.m. to noon.

Initial/partial issues

Mondays, Thursdays and Fridays from 8 to 11:30 a.m. and 12:30 to 3 p.m. and Mondays, Tuesdays, Wednesdays and Thursdays from 12:30 to 3 p.m.

Direct exchange

Mondays, Tuesdays, Wednesdays and Thursdays from 12:30 to 3 p.m.

Partial turn-ins

Mondays, Tuesdays, Wednesdays and Thursdays from 12:30 to 3 p.m.

Full turn-ins

Appointments are scheduled Mondays, Tuesdays, Wednesdays and Thursdays. Call 526-3321.

Effective immediately:

Replacement will be scheduled Mondays, Thursdays and Friday mornings.

Demobilized units tentatively have Tuesdays and Wednesdays to schedule out processing.

Mobilization units will schedule unit direct exchange by appointment. Unit supply sergeants will collect Soldiers' DX items and schedule CIF appointments. A CIF employee will work one-on-one with a supply sergeant.

Active-duty units — Permanent Change of Station/End of Time and Service/chapters/retirees will make an initial out processing appointment Mondays, Tuesdays, Wednesdays and Fridays for turn-in. All follow-on appointments (14 OCIE items or less) will be scheduled if needed.

Bulk issue and turn-ins — by appointment only.

Appointments can be made with Kristine Harald at 526-3321. POC for this information is Frank Howard,

CIF supervisor at 526-6477.

Laundry Service

Post Laundry Service — The post laundry service provides free laundry service to Soldiers for government-owned property only. Items issued by the Central Issue Facility should be cleaned at the post laundry prior to turn in. Allow extra time for items to return from the cleaners. It is not recommended to pick up your equipment on the same day as the scheduled CIF appointment. The turn around for the service is 72 hours. No appointment is necessary. The post laundry will not clean personal items like Battle Dress Uniforms, boots, tent pegs, canteens, entrenching tools or wet-weather gear. Material TA-50 items that can be washed include: sleeping bag assembly, chemical suits, Gortex, ruck sacks, coveralls, CVC jackets and most web equipment.

Hours of operation are 7:30 a.m. to noon and 12:30 to 3:45 p.m., Mondays through Fridays, excluding holidays. For more information, call 526-8806 or 526-8804.

Briefings

eArmyU — eArmyU program briefings are conducted at the Mountain Post Training and Education Center, building 1117, Tuesdays at 9 and 11:30 a.m. and Wednesdays at 1:30 p.m.

The Army Career and Alumni Center briefing is required for all departing servicemembers. The current ACAP policy is to register personnel ETSing one year out and retirees two years out. Briefings are held Mondays, Tuesdays, Thursdays and Fridays from 8:30 to 10 a.m. Call 526-1002 or 526-0640 to schedule a briefing.

Are you ETSing? If you're within 120 days of end of time in service, you must immediately call 526-2607 or 526-2599 to make your appointment for your mandatory Reserve Component Briefing.

The Commanding General's Newcomers' Brief is the third Wednesday of each month, 1 to 3 p.m. at McMahon Theater.

Hours of operation
The Mountain Post Training and Education Center's hours for certain programs and services will change Monday.

Hours are:

eArmyU Testing center, Monday through Thursday, 7 a.m. to 4:30 p.m.
Army Learning Center and basic skills classes, Monday through Thursday, 9 a.m. to 4 p.m.

Counselor Support Center, Monday through Thursday 7 a.m. to 4:45 p.m. Friday 11 a.m. to 4:45 p.m.

Claims Division hours — The Claims Division office hours are now Monday through Thursday from 9 to 11:30 a.m. and 1 to 4 p.m. The office is closed Fridays.

Personnel Claims hours:

Mandatory briefing: Mondays and Wednesdays from 10 a.m. to 2 p.m.
Submit DD 1840/1840R

Receive documents for filing:
Submitting completed Tuesdays and Thursdays from 9 to 11:30 a.m. Claims: 1 to 4 p.m. Closed on Friday.

If there is an emergency personnel claims issue on Friday, call Tina Kolb at 526-1352 to see if it warrants an appointment.

Editor's note: The deadline for submitting "briefs" to the Mountaineer is 5 p.m. Friday before publication.

Purple Heart

From Page 5

rounds. Lillibridge looked over at Jones and saw "the look of terror on his face, like he was in a nightmare, but we were wide awake for this nightmare."

Lillibridge and Jones had no idea how long they'd be there, so they decided their only option was to follow standard operating procedures. They stopped the vehicle and went around the back of it to pull security.

"It was like my body was on auto-pilot," said Lillibridge. As his commander and first sergeant

would later inform them, Lillibridge and Jones did everything "by the book."

Lillibridge's wounds started to burn, and he asked Jones to check him. That's when Lillibridge learned he had "two holes in him." The rounds burned a 5-inch hole into his flak vest. Jones sustained shrapnel wounds to his head and along the side of his right leg. When they became fully aware of their injuries, they climbed into the 5-ton truck behind them in the convoy and were driven to their rally point, the Mosul hotel.

Everyone was loaded off the truck, and Lillibridge was given immediate medical attention.

They were taken to the 21st Combat Support Hospital where Lillibridge underwent back surgery. It took Lillibridge only one day after surgery to stand up, and the first person he called was his mom. After four days, Lillibridge was sent home on convalescent leave, and he is now stationed here.

"I really wanted to go to the hospital in Germany, get combat ready again and return to my unit, but they won't let me go back, and I kinda feel like I've betrayed the unit," said Lillibridge.

Lillibridge has decided to become an active-duty Soldier and has every intention of making a career of the military.

Dining Schedule

Feb. 6 to Feb. 13

Weekday Dining Facilities

43rd ASG Cheyenne Mtn. Inn (building 1040)
3rd ACR CAV House (building 2461)
Mountaineer Inn (building 1369)
10th SFG (A) (building 7481)
3rd BCT Strikers Cafe (building 2061)

Weekday Meal Hours

Breakfast	5:30 to 9 a.m.	(All facilities)
	5:30 to 8:30 a.m.	(Cheyenne Mtn. Inn)
Lunch	11:30 a.m. to 1 p.m.	
Dinner	4:30 to 6:30 p.m.	

Exceptions

- Patton House is closed until further notice.
- Strikers and 43rd ASG are open on Sat. and Sun.



Saturday, Sunday and Training Holiday Dining Facilities

3rd ACR CAV House. (building 2461)
43rd ASG (building 1040)
Mountaineer Inn (building 1369)
3rd BCT Strikers Cafe (building 2061)

Saturday, Sunday and Training Holiday Meal Hours

Breakfast	7:30 to 9:30 a.m.
Lunch	11:30 a.m. to 1 p.m.
Dinner	4:30 to 6:30 p.m. 3 to 5 p.m. (Cheyenne Mtn. Inn)

Basic combat training may change

Recruits to spend more time in the field, focus more on warrior skills

by **Spc. Brian Trapp**
Army News Service

The Basic Combat Training Brigade at Fort Benning is piloting two programs of instruction that provide more time in the field and focus more on warrior skills.

The "immersion" and "alternate" courses include the original POI from today's basic training, but add military operations in urban terrain and training with more weapons, without increasing the overall eight-week length of instruction.

The pilot class for the immersion POI started Jan. 29, and the class for the alternate POI picks up Feb. 12.

The new POIs will increase the time trainees spend in the field from three days to 10 days for the alternate POI pilot and to 23 days for the immersion POI pilot. Soldiers will also have classes on more heavy weapons and increase the time spent on the M-

249 squad automatic weapon.

"These are weapons Soldiers weren't seeing before," said Capt. Robert Olszewski, commander, A Company, 1st Battalion, 38th Infantry Regiment, who is involved in the immersion POI pilot.

"(Soldiers) will be familiar with a lot more weapon systems than other classes, and they'll get blocks of instruction other classes haven't before," Olszewski said. I think they'll be better prepared when they get to their units, because they'll have a wider knowledge base."

The current POI trains 19 of the 40 warrior skills and four of the nine warrior drills. The alternate POI trains 39 of the 40 skills and eight out of the nine drills. The immersion POI trains all the skills and drills.

"Instead of talking about guard duty in the class room and memorizing general orders, we're adding some more hands-on training," said 1st Sgt. James Conner of B Co., 2nd Bn., 47th Inf. Regt. Conner is involved in the alternate POI pilot.

"The quality of Soldiers stays the same," said Capt. Christopher Colster, B Co., 2nd Bn., 47th Inf. Regt. (alternate POI). "We graduate only the top-quality Soldiers; however, their Soldier skills will be a little

bit more battle-focused now.

"The current POI was set up to run eight weeks," Colster said. "Now we're expanding the training, but still in the same amount of time, so it's a challenge."

To handle the increase in training, the companies are increasing the number of drill sergeants from 12 to 16. The additional drill sergeants lower the drill-sergeant-to-student ratio and prevent "drill sergeant burnout," Olszewski said.

"Right now, I can only speculate attrition rates," Olszewski said. "(We'll) see if injury or attrition rates go up; that's one of the reasons we're running the pilot."

The immersion POI calls for a 20-day field problem for the last phase of training, where the Soldiers will continue to receive instruction but in a field environment.

The cadre for both pilot classes trained on their new blocks of instruction for weeks before training began.

"Eventually, this has to go across the board," Colster said. "The whole way of thinking in the rear echelon has to change, and we're happy to influence the changing Army."

Editor's note: Spc. Brian Trapp writes for the Fort Benning Bayonet newspaper.

Possible training changes

- New basic training program would add military operations in urban terrain
- Training with more weapons
- Increase field time from three days to 10 days for one program and 23 for another

Greenback

IVRS provides travel voucher info

by 1st Lt. Theodore Stutz
4th Finance battalion

Travel Pay Services is pleased to announce it's first customer initiative of 2004, the Interactive Voice Response System. IVRS provides travelers the automated status of their travel voucher(s) 24 hours a day, seven days a week. This information can be accessed from any phone by calling the toll-free number, (888) 332-7366 or 699-0300 for OCONUS access.

Callers simply enter their Social Security number and myPay pin. All travel claims received within the last 90 days will be identified, as well as travel order dates and dollar amount paid to traveler. Prompts will direct travelers to myPay (to establish or verify pin number) or to their respective travel office to speak to a customer representative if needed.

Finance Soldiers have a key role in what is becoming one of our nation's most effective weapons

in Operation Iraqi Freedom: money.

After November 2003, the deadliest month for U.S. Soldiers in Iraq, a new plea came from front-line Soldiers. Commanders wanted Congress to restart the Commander's Emergency Response Program, or CERP. CERP is a cash-on-the-spot aid program designed to win support from, and increase the quality of life for the people of Iraq.

CERP grants are designed to get money flowing back into the Iraqi economy through front-line Soldiers on the ground. Most of the money goes to rebuilding homes and schools as well as updating the poor infrastructure including overflowing sewers, deeply pitted roads and decaying irrigation systems.

Finance command in Iraq began the funding by collecting, accounting for and reallocating cash found in Saddam Hussein's palaces. Since then, there has been an undeniable relationship between the decrease in these funds and the increase in violent attacks by local Iraqis. In response, Congress has

recently allocated \$180 million more to be disbursed directly by U.S. Soldiers.

Administrative notes

W2s are now available on myPay. Only Soldiers who have or are deployed will receive paper copy W2s delivered to their unit's S1 section. Spouses can pick them up at their servicemember's unit by bringing a stamped original special power of attorney that specifies all financial transactions or tax-related transactions. Other deployment related tax questions can be answered by visiting the Internal Revenue Service Web site and searching under "Armed Forces."

Finance on Fort Carson will be closed Feb. 16 for Presidents Day. We apologize for any inconvenience. We will resume our normal business hours Feb. 17.

Monday 9 a.m. to 4:30 p.m.

Tuesday to Thursday 9 a.m. to 3 p.m.

Closed Friday for Sergeants Time Training.

TRICARE

From Page 1

and finally, signature of the requester.

The request may be faxed to the DSO at (831) 655-8317 or mailed to Defense Manpower Data Center Support Office, Attn: Certificate of Creditable Coverage, 400 Gigling

Road, Seaside, CA 93955-6771.

Sponsors or family members who have questions regarding the certificate may contact the DSO at (800) 538-9552, or TTY/TDD at (866)

363-2883. Additional information is also available on the TRICARE Web site at www.tricare.osd.mil/certificate/index.cfm.

Singing Soldiers ...

Harmony in Motion: an uplifting note for Carson community

by Maria Higgins
Mountaineer volunteer

It may have been an emotionally charged memorial service, but Staff Sgt. Lenora Gogins-Watkins couldn't get choked up. It was her job — her honor — to sing for the fallen Soldier and a chapel full of mourners, and she wasn't about to falter.

Never mind that the widow's watery eyes were locked with hers. Never mind that this memorial service was one of far too many recently. Never mind that the Soldier who gave his all in Iraq had been a member of Watkins' regiment.

She had a job to do. And so, breathing deeply to project her smoky alto-tenor voice even louder, Watkins delivered a flawless "Amazing Grace" that she hoped would somehow comfort the Soldier's family.

The widow's grateful hug afterward told her that it had.

Watkins sang that day, and many since, as a member of Fort Carson's choral performance group Harmony in Motion. The choir has been enhancing memorial services, retirements, change of commands and other ceremonies on and off post since 1996, when the Fort Carson command sergeant major at the time, Ruben Blackmon, stood up the small unit to fill the void after Fort Carson's military band was relocated to Fort Hood, Texas.

To be accepted into the group, vocalists must first audition by singing a song of their choice in front of current members during a weekday rehearsal in Soldiers' Memorial Chapel. While it's not "American Idol" intimidating, the requirement to sing a cappella — without musical accompaniment — does intentionally spike the stress level, said Watkins.

"Of course they're nervous, but we need to hear their tone and the intensity of their voice," Watkins explained. "And we need to know that they can handle standing up in front of people all the time."

Watkins, who serves as noncommissioned officer in charge of Harmony in Motion, emphasized that she is willing to work with prospective members

until they are comfortable enough to nail a song. "We really don't want to kick anybody to the curb," she stressed, adding that she coached one lovely voiced but tone-deaf woman for a month and a half before she was accepted.

"However, the stickler for me is the national anthem," she said. "We perform it at all hail and farewells and other ceremonies. Any 'off-ness,' and you will definitely hear it."

The scrutiny continues once a prospect is accepted. Membership is an appointed duty; with permission from an individual's unit commander, time spent rehearsing and performing is considered part of the job. And job performance is as much an issue for vocalists as it is for Soldiers in any other military occupational specialty.

"We listen to each other and give good, constructive criticism," Watkins said, a fact to which one new tenor can attest after warbling off-key for a moment during a recent performance (Watkins termed this slip a "minor infraction"). "I have to be stringent," she said. "We're representing the Mountain Post. When we go out there, we have to be tight."

Watkins, whose mother is a Chicago jazz club singer, can even detect "if you're not breathing properly before you go into your next phrase."

She's not the only one pushing for peak performance.

"I hold the group to the same standards that the command sergeant major would expect," said Spc. Travis Claybrooks, Soldiers' Memorial Chapel choir director and leader of Harmony in Motion.

Members affectionately add "chief perfectionist" to Claybrooks' title, a moniker he accepts with good humor. "I take personal pride and Soldier pride in Harmony in Motion sounding good and looking good," Claybrooks said. "We set the bar high musically because we want to present the best. What we do is for the Soldiers, for improving the spirit on post. Though we're not deployed downrange, it's still good work that we do because we lift the Soldiers up."



Photo by Pfc. Stephen Kretsinger

Chief Warrant Officer Patricia Cathey, alto, and Staff Sgt. Lenora Gogins-Watkins, alto and noncommissioned officer in charge of Harmony in Motion, sing the national anthem during a rehearsal at Soldiers' Memorial Chapel Wednesday.

The group's outgoing NCOIC, Staff Sgt. Wanda Knight, agreed that Harmony in Motion sounds an important note for the community. "It gives an added touch to any ceremony," Knight said. "The love, the warmth, the smiles we bring when we perform — it perks everybody up."

That goodwill, Knight said, is just one reason why "we love what we do."

Community kudos and some unique opportunities are other benefits to singing with Harmony in Motion, members said.

"It's not every day you get to see two- and three-star generals just hang-

ing around" after change of command ceremonies, Claybrooks said, "or get to perform at a Colorado Rockies game." Knight and Watkins particularly enjoyed a live studio performance for the television show "Good Morning, Colorado," which Knight deemed nerve-wracking "but a blast."

"We always get rave reviews from everywhere we perform," Watkins said. She's proud of that, but it thrills her even more to see how Harmony in Motion brings together Soldiers of various ranks, "each dedicating their time to making [the group] the best that it can be."

Soldiers, civilians welcome ...

A perfect pitch for new members

by Maria Higgins
Mountaineer volunteer

The only sour note for the singing group Harmony in Motion right now is a dwindling membership, said noncommissioned officer in charge Lenora Gogins-Watkins. Attrition and permanent change of station orders have cost the group several vocalists, and an accelerated rate of deployment is

making it difficult for potential new members to commit.

To remedy the shortfall, civilians are now welcome to audition for the first time since the group's inception, said Watkins. Military family members as well as Department of the Army civilians may participate if they are able to attend weekday practice sessions and performances during evenings and week-

ends.

And not everyone needs pipes like Mariah Carey.

"If someone can't sing well enough to solo, that's fine," said Staff Sgt. Wanda Knight, the group's retiring NCOIC. "What matters is that a singer's voice blends well with the group."

For more information or to schedule an audition, contact Watkins at 526-4302 or 964-0870.

Community

Reunification challenges families

by Spc. Jon Wiley
Mountaineer staff

"Reunited and it feels so good?" Without proper preparation, maybe not.

Over the next few months, thousands of Fort Carson Soldiers will return from Iraq and reunite with their families. While reunions are a time of celebration for most, it is important to remember that family reunification brings a unique set of challenges and can be as difficult as the deployment itself.

"All the research shows that getting back together is harder than leaving and being gone. Families get through deployment, and they get through sustainment, but the redeployment is the toughest part," said Jill Nugin, coordinator of Army Community Service's Family Advocacy Program here.

Nugin explained that while the overwhelming majority of families will reunite successfully, spouses should be thinking about issues that may make the process stressful and take steps to prepare for them now.

She encourages reuniting couples to talk about their expectations for their first 24 hours back together before the reunion.

"He may want Taco Bell the first night back, and you've prepared a feast. Or, he may want some time alone to readjust, and you've got a party planned. Think about these things now," Nugin said.

Other things couples should take into consideration when planning their first night back together include visiting relatives and small children. Planning for the reunion beforehand will increase the chances of starting on a positive note.

Besides planning for the first day, Nugin advises discussing things that have changed over the past year before the deployed Soldier returns.

"Go back a year to when your spouse left. Think about the kinds of things in your life, in your house or with your appearance that have changed. Have you formed new friendships that weren't important to you before he left? Do you go out with your friends one night a week now, and you didn't before? Your husband might have difficulty adjusting to these things, so start talking about them now."

Couples should also discuss finances, Nugin said.

"If your husband thinks you've saved every penny of his extra pay, and that's not the case, you might want to break it to him before he gets off the plane," Nugin said.

Don't let unpleasant surprises ruin the first few hours back together.

Once Soldiers do return home, Nugin recommends that spouses "take them where they are at" and not push them to talk about uncomfortable experiences they have had until they're ready.

"In the reunion workshop we do with Soldiers, we ask them if there is one thing we could tell their wives what would it be, and they say tell her that we'll talk to you when we're ready to talk to you," Nugin said.

If a Soldier wants to discuss his or her experiences, it should be encouraged but not forced.

In addition to not pushing Soldiers to talk until they're ready, spouses should also realize it's natural for it to take six to eight weeks to readjust to life outside of a combat zone. Many will experience symptoms of stress such as depression, isolation, avoidance of feelings, rage, anxiety, sleep disturbances and startle responses.

Nugin said these are all normal, but spouses should "be looking for extremes of these symptoms that go on for a couple of months. Not sleeping well for a night or two is different than not sleeping at all for eight weeks."

If Soldiers do experience extreme and persistent symptoms of stress, they shouldn't panic. There are many resources available to help them cope. The Army Community Service Center, family program coordinators, chaplains, the Red Cross or Social Work Services in Evans Army Community Hospital are all good places to seek help.

Family reunions can also be stressful for children. The common ways children react to Soldiers' return depends on their age.

According to Operation READY, an ACS program that educates Soldiers and their families about deployment challenges, infants under a year old may cry, fuss, have changes in their eating and sleeping patterns and cling to their primary caregivers. Young toddlers may also cling, and act shy, cry, have temper tantrums and regress in their toilet training. Older toddlers can demonstrate anger, act out to get



Courtesy photo

Studies show that families can have more difficulty reuniting after a long deployment than they did during the initial separation and time spent apart.

attention, be demanding, feel guilty for making the parent go away and talk a lot to bring the returning parent up to date. Children five to 12 may dread the Soldier's return because of discipline or think that they aren't good enough. Teenagers may also experience guilt because they don't think they live up to their parents' standards, rebel and be concerned about new rules and responsibilities.

For all ages, parents should start talking about the reunion before it happens.

"Bring daddy back into your child's mind," Nugin said. "Think of ways you can help dad come back and be a part of things."

If rules have become more lax over the past year, it's a good idea to start reasserting old routines now, Nugin said.

Spouses can help their children readjust by making welcome home signs with them and including them in preparations for the reunion celebration. Returning Soldiers can help their children readjust by reviewing pictures, schoolwork and scrapbooks with them, taking personal time with each child, avoiding criticism and talking to them.

Overall, the best way to make sure the reunification process goes smoothly for Soldiers and family members is to talk, Nugin said.

Community Events

Miscellaneous

Mission Rehearsal Exercise — Units mobilizing on Fort Carson for deployment to Operation Iraqi Freedom will conduct a Mission Rehearsal Exercise next week Feb. 6 to 13. The MRX will present units with missions and situations they are likely to face in Iraq.

For engineer units participating in the MRX this will include missions involving the use of demolitions. Engineer units will make use of live demolitions as well as Demolitions Effects Simulators.

"DES allows engineers to conduct realistic demolitions missions while at the same significantly reducing the risk to soldiers posed by using live demolitions", according to Lt. Col Kevin Woods, commander of the 1st Battalion, 361st Engineers stationed at Fort Carson that will be overseeing demolitions operations during the MRX.

Residents and visitors to Fort Carson should know that mobilizing units will be conducting these demolition missions in designated training areas. Some of the training areas are readily accessible to anyone and are near the built-up area of Fort Carson. As a result, it may be common to hear explosion sounds during this time. The MRX caps off a 10 week mobilization training effort and will test units' ability to effectively operate in the Iraqi theater.

Free paperbacks — Grant Library has boxes of new paperback books available for units deploying or going to the field for training. The popular books are free and may be kept by the soldier — they don't need to be returned to the library. No paperwork is needed. The person responsible for the unit just needs to come to the library where they will be asked how many troops will be leaving post and how long they will be gone. Boxes of books will then be distributed. For more information, call 526-8144 or 526-2350 or stop by the library. The library is open 11 a.m. to 8 p.m. Monday through Thursday, 11 a.m. to 5 p.m. Friday, and 10 a.m. to 6 p.m. Saturday and Sunday.

Criminal Investigations — CID is looking for information leading to the apprehension and conviction of the person(s) responsible for the theft of two motorcycles from the privately owned vehicles sales lot Nov. 14 or 15. The vehicles that were taken are a 2002 Harley Davidson Dyna Glide Super T Sport. (vehicle identification number is 1HD1GLV132Y315199) and a 1989 Yamaha YSR50 (VIN JYA2RRA05KA037121).

CID is also looking for information leading to the apprehension and conviction of the person or people responsible for the theft of a 2000 Vermeer SC252, serial number 1VRN071F6W10028008, and a 2000 Jay Hawk Tilt Trailer, serial number 1Z9SA1014XM093255, which were stolen between Nov. 14 and 17 from the parking lot adjacent to building 6286.

If you have any information, contact Special Agent Jason Dailey at 524-1086 or the military police at 526-2333.

Dessert Theater — The Catholic Women's Group is sponsoring "Dessert Theater" at 7 p.m. today at Soldiers' Memorial Chapel. Barbara Daubenspeck of Denver will perform her dramatic rendition of "Mary and Martha." The program will be followed by dessert and coffee. This will be a great night out for couples, Soldiers, "waiting" wives and mothers. Child-care may be reserved by calling Melanie at 392-2983. For individuals who wish to participate in First Friday devotions, the program will be preceded by Rosary at 5 p.m., Mass at 5:30 p.m. and a light supper and announcements. For more information, call Delene at 393-1444.

Cultural and fine arts center — Fort Carson Directorate of Community Activities is in the plan-

ning stages of starting a cultural and fine arts center.

If you would like to assist in the planning and development of this center please attend a special meeting in building 1217 in the conference room Tuesday at 6 p.m. Please call 526-2151 or 524-1388 if you will be attending

Tax season — The Fort Carson Tax Center is now open. It is located in building 6264, on Woodfill Road, across from the Colorado Inn and the Elkhorn Conference Center. Free tax services are available for active duty servicemembers and their family members; mobilized reservists and their family members; servicemembers receiving either retirement or disability pay and their family members; and surviving family members of active-duty, mobilized reservists and retired servicemembers.

The Fort Carson Tax Center will electronically file your return and have federal and state tax forms available. In order for your tax return to be completed, you will need to bring all W-2s, Social Security cards for yourself and all family members, a power of attorney, if filing for your spouse, and all relevant financial information.

Red Cross — The next cardiopulmonary resuscitation class will be Saturday from 8 a.m. to 5:30 p.m. at Evans Army Community Hospital, Room 1801. Registration is \$40, which includes a skills card and information booklet. Call 526-7825 for more details.

Felicia Wilkinson is the new health and safety coordinator. Her office is at Evans Army Community Hospital, room 1801, and her phone number is 526-7825. Her work hours are Monday to Friday 9 a.m. to 1 p.m.

New and gently used formal wear is still needed for the Revolving Dress Collection. Dresses go to Army wives attending balls and other formal events. If you have a donation, call Theresa at 576-1767.

If you are interested in babysitting classes, call Tammy at 526-1058.

For swim lessons, call Crystal at 526-3122.

Gold Star Wives and Mothers — The Gold Star Wives and Mothers organization is working with Fort Carson's Casualty Assistance Office to ensure that eligible families receive a gold star pin. For more information about this program, contact JaNene Skinner at 597-5630 or visit www.goldstarwives.org and www.goldstarmoms.com.

Harmony in Motion — Harmony in Motion is looking for vocalists and musicians. Anyone interested can call Staff Sgt. Lenora Gogins-Watkins at 526-4302.

JPPSO asbestos removal — asbestos removal will be taking place at the Joint Personal Property Shipping Office, building 1220 starting Monday through March 4. Limited service will be available to only short notice deployments, end of time and service, permanent change of station and local moves. Entry will be permitted on the south end of the complex. Contact Tech. Sgt. Buhl at 526-3755 for more information.

Hans Christian Andersen — Come to the presentation of the "Tales of Hans Christian Andersen" today at 6:30 p.m. at the Mountainside Auditorium. The cast will consist of the Missoula Players and Mountainside students. The cost is \$1 for adults, \$5.00 for children 5 and older and free for children under 5.

African-American Health Fair — The Medical Activity Black Heritage Committee will present the African-American Health Fair Monday from 11 a.m. to 1 p.m. at Evans Army Community Hospital on the first floor in front of the Healer Chapel. Some of the health issues covered will include diabetes, sarcoidosis, hypertension and strokes. There will be free specialized testing for blood pressure, cholesterol, lung function and specific educational material.

Fountain State of the Community address — Gov. Bill Owens will join local leaders in recognizing the military community at Fountain's annual State of the Community address. "A Time of Service and

 **Army Community Service**
Family Readiness Center
719-526-4590

Career Fair



Teen & College Students

Friday
23 April

10:30am to 2:30pm
Special Events Center,
Bldg. 1829

Employment Readiness in partnership
with private companies from Colorado
Springs will be hosting a Career
Fair for Teen & College Students.
For details call 526-4590/0452.

Sacrifice" will be the theme of the address which will take place Tuesday at Fountain-Fort Carson High School. Active and retired Soldiers are welcome to attend in uniform, if they choose, and all are invited and encouraged to attend. The governor will join Fountain's mayor Ken Barela, Fort Carson deputy commanding general, Brig. Gen. Joseph Orr and Colorado Springs' mayor Lionel Rivera, who are all scheduled to speak at the community address.

Claims against the estate

Claims against the estate — With deepest regrets to the family of Pfc. Nathan W. Nakis, deceased. Anyone having claims against or indebtedness to his estate should contact 2nd Lt. Julie Zavage at 526-4634.

Claims against the estate — With deepest regrets to the family of CW2 Ian D. Manuel, deceased. Anyone having claims against or indebtedness to his estate should contact CW3 Eric M. Oleson at 526-6514 or 659-4097.

Claims against the estate — With deepest regrets to the family of Master Sgt. Kelly Hornbeck, deceased. Anyone having claims against or indebtedness to his estate should contact WO1 3 Eric Brashears at 526-3978.

Claims against the estate — With deepest regrets to the family of Sgt. Michael A. DiRaimondo, deceased. Anyone having claims against or indebtedness to his estate should contact Capt. David Blake at 524-1098 or 338-4646.

Claims against the estate — With deepest regrets to the family of CW2 Philip A. Johnson, deceased. Anyone having claims against or indebtedness to his estate should contact CW3 Andrew S. McNeal at 338-8923.

Claims against the estate — With deepest regrets to the family of Capt. Eric T. Paliwoda, deceased. Anyone having claims against or indebtedness to his estate should contact 1st Lt. Derrick Varner, 526-8182.

Single parent Soldiers face deployment pains

by 1st Lt. Neil K. Stephenson
Office of the Staff Judge Advocate

Thousands of Soldiers have custody of children from either a prior marriage or a previous relationship. Like other Soldiers in their units, these parents are subject to deployment and other commitments that require separation from their children.

The Army requires these single or remarried Soldiers to balance the obligations to their nation and to their children by maintaining a current Family Care Plan that designates someone to take care of the children in the Soldier's absence. Some Soldiers seek additional protection by obtaining a Guardianship Special Power of Attorney either at the Legal Assistance Office or at the SRP site. If the person designated in the family care plan, or named as guardian in the power of attorney, is the child's other parent, there is no issue and the Soldier can deploy with peace of mind.

If any other person (grandmother, aunt, friend, etc.) is named in either document, however, potential trouble awaits the Soldier, especially after a recent decision by the U.S. Supreme Court. Unless specific steps are taken, the noncustodial parent of the child can demand custody during the deployment — and maybe even beyond.

When married parents divorce, the court typically awards custody to one parent and visitation rights to the other parent and these rights are documented in an enforceable court order. A similar situation occurs in a paternity determination where the parents of a child were never married; one parent receives custody and the other receives visitation rights. From the time the judge signs this order, the two parents named in the court order are the only two people with any legal rights to the children, unless one or both of them

either relinquish their rights or are determined to be unfit parents.

In 2000, the Supreme Court in a case called *Troxel v. Granville* emphasized this principle. The court stated that the rights of a fit, biological parent to raise and make decisions regarding a child trump all challengers, even, as in the *Troxel* case, grandparents seeking limited visitation rights. Therefore, neither a family care plan nor a guardianship power of attorney can name a custodial guardian over the noncustodial parent with court-ordered visitation rights. (If the parents never married and paternity has not been acknowledged or has only been acknowledged administratively, but not in court, a female Soldier probably will be protected from this situation because there is no court order, but she should be aware that this protection is limited and a court possibly could award temporary custody to the child's father during the deployment.)

Because of this, a deploying Soldier runs the risk of the child's other parent learning of the deployment and suing the designated guardian for custody of the child. Unless there is a written agreement between the two parents, preferably in the form of a court order, most courts, because of the *Troxel* case, will have no choice but to turn the child over to the noncustodial parent for the length of the deployment. This could create issues with child support. It may also give the other parent the opportunity to ask a court for permanent custody by claiming that the children have become integrated into the new home during the deployment.

So what can a Soldier do? First, on the military side, stay cool and remember that a family care plan is

Single parent Soldiers! Make sure your child is taken care of during deployment.

- Stay cool and remember that a family care plan is a valuable tool.
- The best time to address the matter is before a final child custody order is entered and before a deployment.
- If the divorce is final and the original child custody order does not address the matter, the parents will need to file an amended order to reflect the change.
- Make sure the court order states:
 - that the custodial parent is a member of the armed forces.
 - that the Soldier is required to have, and does have, a family care plan on file.
 - that the parties agree that the terms of the family care plan will be carried out in the event of a deployment.
 - that should the noncustodial parent be named in the Soldier's family care plan or otherwise obtain custody during a deployment, the change is recognized as temporary and that the children will be returned to the Soldier within a determined time-frame after the deployment.
- Soldiers should strive to avoid the mistake of waiting until the day before deploying to begin communication with the other parent.
- Soldiers should be aware that while the Army assists in creating a family care plan, the Soldier is responsible for implementing the plan.



Photo by Spc. Aimee J. Felix

Retiring ...

Staff Sgt. James Thomas receives the Meritorious Service Medal during a retirement ceremony Jan. 28 where he and 11 other retirees were honored for their 20 plus years of service. The retirees were Lt. Col. Wayne M. Brainerd, 1st Sgt. Edward L. Rivera, Master Sgts. Gordon A. Fields and James R. Grenier, Sgts. 1st Class Lee R. Romero, Terrence V. Wimberly, Daniel Mariano III, Justice M. Mydell and Robert J. Schimmelpfenneg and Staff Sgts. Robert S. Miller, James Thomas and Daniel R. Papka.

More troops

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migrate down to each brigade's reconnaissance, intelligence, surveillance and target acquisition unit, the official said.

The official stressed the additional 30,000 Soldiers requirement is a temporary one as plans to convert about 10,000 Army positions to civilian ones and efficiencies created by restructur-

ing within the Army and the Department of Defense will lower Army end strength over the next four to five years.

The Army will grow to 510,000 over the next year or so using a mixture of Stop-Loss measures that keep selected Soldiers in the Army beyond their contract dates and a higher recruiting mission for new accessions, the official said. He said he anticipates Stop-Loss being lifted sometime in 2005.

Single Parents

From Page 13

a valuable tool and is required by the Army. Commanders are required to counsel Soldiers and make sure they understand their responsibilities as a parent and Soldier. The Army has created two forms for this purpose: "Family Care Plan Counseling Checklist" (DA Form 5304-R) and "Family Care Plan" (DA Form 5305-R). The Army requires unit commanders to approve the plans after seeing that Soldiers have chosen appropriate guardians. The two necessary legal documents to implement the plan are a guardianship power of attorney (DA Form 5841-R) and the guardian's acceptance affidavit (DA Form 5840-R).

On the judicial side, there are a number of options depending upon the status of the divorce (or paternity determination) and the timing of the impending deployment. Obviously, the best time to address the matter is before a final child custody order is entered and before a deployment. Dealing with the issue at that time will allow the Soldier to communicate with the other parent and formulate a workable strategy in the event of a deployment and to include that strategy in the final custody order. If the divorce is final and the original child custody order does not address the matter, the parents will need to file an amended order to reflect the change.

In either case, the court order, at a minimum, should state the following: that the custodial parent is a member of the armed forces, that the Soldier is required to have, and does have, a family care plan on file, that the parties agree that the terms of the family care plan will be carried out in the event of a deployment, and that, should the non-custodial parent be named in the Soldier's family care plan or otherwise

obtain custody during a deployment, the change is recognized as temporary and that the children will be returned to the Soldier within a determined timeframe after the deployment. For two people going through a divorce, these may be contentious issues requiring compromise in either the custody order and/or the family care plan. If the parents cannot reach an agreement, a judge will need to make the decision.

Soldiers should strive to avoid the mistake of waiting until the day before deploying to begin communication with the other parent. At that time, it probably will be impossible to obtain even an agreed court order. A notarized statement signed by both parties containing the information in the previous paragraph may be of some value should the noncustodial parent later sue for custody during the deployment, but the statement is far less protection than a court order and should be pursued only as a last resort. Of course, the worst thing a Soldier in this situation can do is to do nothing.

Finally, Soldiers should be aware that while the Army assists in creating a family care plan, the Soldier is responsible for implementing the plan. Unfortunately, sometimes a qualified person may not be available to accept the plan or circumstances may change and cause a breakdown in the arrangement. For this reason, the Army requires Soldiers to periodically review their plans and change them if needed. The Army requires that commanders recertify family care plans at least annually during the Soldier's birth month. In addition, if the plan proves unworkable or invalid, commanders may not approve the plan and may initiate separation proceedings.

If you have questions regarding custody, guardianship or a family care plan, call the Fort Carson Legal Assistance Office at 526-5572/5573 for assistance.

Chaplain's Corner

God will brighten darkest hour

**Commentary by Chap. (Maj.) Pete Martinez,
10th Special Forces Group (Airborne)**

The man actually felt relief as he was ushered into the king's presence. Others probably would have felt fear. To him, it seemed like a relief to a life of ignominy. Since childhood, all he had ever known was hunger, rejection, humiliation and shame. As he came before the great king, his only desire was for a swift stroke of the sword to end his suffering.

What the king did was astonishing. Upon coming down from his throne, he lifted up the prostrate man and, looking tenderly yet excitedly into his eyes, called his name. Then the king sat him at his own table and ordered the best dishes in the palace be brought to him. By royal decree, the king reinstated to him land that he had lost and ordered the royal servants to harvest it for him. In addition, the king decreed that he would always sit at the royal table as long as he lived.

The above is not an excerpt from some fantasy novel. The story, albeit thousands of years old, is outlined in the ancient book second Samuel (Chapter 9). Like the rest of the Bible, it dramatically addresses the human condition — in this specific case, the issue of shame. The name of this young man, tongue twister that it is, is Mephibosheth. When translated from the ancient Semitic it means, "He (God) has taken my shame away." Mephibosheth was personally acquainted with shame and suffering. Born into affluence and privilege, Mephibosheth was the grandson of the

mighty King Saul, the leader of the people of God. After Saul had displeased God, his fortunes took a turn for the worse. While in battle against those archenemies of Israel, the Philistines, both Saul and his son, Jonathan, were killed. When the terrible news hit home, a relative of the baby Mephibosheth snatched him up, thinking the Philistines were riding into town. While running, she tripped with him in her arms and broke both of his feet, causing him to be disabled for life. This was only the beginning of a life of misery for Mephibosheth as the family and estate of Saul was systematically wiped out.

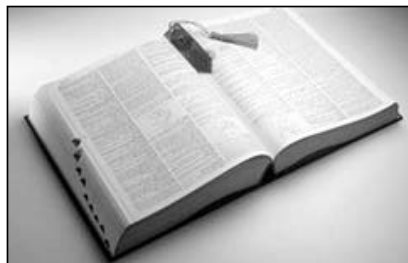
Years later, as David ascended to the throne; he had Mephibosheth brought before him. Mephibosheth could only expect the worst. In this cultural context it was common for a newly ascended monarch to eliminate all traces of the previous administration if he was not of that lineage. As the story unfolds, the very opposite happened.

Isn't this like the nature of God? When it seems like we have hit rock bottom he has a way of lifting us up. Sometimes we are down through the consequences of our own actions and sometimes through no fault of our own. Yet, the pain and suffering we feel as human beings is acute just the same. We have a tendency to hide our pain, sorrow, fear and shame and we cringe when someone attempts to help us — fearing exposure of our frailties and imperfections. Like Mephibosheth, we are surprised at God's grace and mercy when he

does lift us up and places us at the banquet table — just like his name sake; "he takes our shame away."

Decades ago, in the book "Whatever Happened to Sin," Karl A. Menninger alluded to the destructive power of shame as well as its beneficial side effects. In the autobiography of Secretary of State Collin Powell, shame is described as a possible form of motivation. It can motivate us to improve and to rise above the sub-standard. In today's society, shame is the result of deeper failures than just faulty performance, it is the result of failed relationships, of injuries given and received, of unbelievable suffering pursuant to our sin. More insidious yet, is our attempt to hide our pain and to put up appearances. When God makes his move to lift us up we have difficulty believing it. If God is willing to clean us up and forget our sin, why can't we? Scripture tells us that he casts our sin, "in the sea of forgetfulness." The "sea of forgetfulness?"

The deepest part of the ocean is arguably the Marianna's trench in the South Pacific. Oceanographers tell us that several skyscrapers could be stacked in its depths from bottom to surface. The pressure is so immense at the bottom that any object, after being torn apart, remains there forever. Isn't that a fitting end to our defeats and shame? As corny as he sounded, an old North Carolina preacher put it best when he preached, "God took my sins, cast them into the depths of forgetfulness, and put up a "no fishing" sign!"



Chapel

Dessert Theater — The Catholic Women's Group is sponsoring "Dessert Theater" at 7 p.m. today at Soldiers' Memorial Chapel. Barbara Daubenspeck of Denver will perform her dramatic rendition of "Mary and Martha." The program will be followed by dessert and coffee. This will be a great night out for couples, Soldiers, "waiting" wives and mothers. Child-care may be reserved by calling Melanie at 392-2983. For individuals who wish to participate in First Friday devotions, the program will be preceded by Rosary at 5 p.m., Mass at 5:30 p.m. and a light supper and announcements. For more information, call Delene at 393-1444.

Religious education — Religious education is conducted each Sunday at Soldiers' Memorial Chapel, building 1500, (next door to the post exchange) for Protestant and Catholic children and adults. Protestant Sunday School meets at 9:30 a.m. and Catholic Family Religious Education meets at 10:45 a.m. Everyone is welcome.

Native American Sweatlodge ceremonies — Native American Sweatlodge ceremonies (He Ska Akicita Inipi) are offered to military personnel, family members and Department of Defense personnel for traditional prayer and purification. Fasting before the ceremony is recommended and refreshments are offered following the ceremony. Call Michael Dunning at 382-5331 or (c) 330-9537, or Zoe Goodblanket at 442-0929 for ceremonial information and directions.

Chapel Schedule ROMAN CATHOLIC					
Day	Time	Service	Chapel	Location	Contact Person
M-W-F	noon	Mass	Healer	Evans Army Hospital	Fr. Battiato/649-5260
Tues., Wed., Thurs.	noon	Mass	Soldiers'	Nelson & Martinez	Chap. Patton/526-5769
Saturday	5 p.m.	Mass	Soldiers'	Nelson & Martinez	Chap. Patton/526-5769
Sunday	8 a.m.	Mass	Prussman	Barkeley & Prussman	Chap. Patton/526-5769
Sunday	9:30 a.m.	Mass	Soldiers'	Nelson & Martinez	Chap. Patton/526-5769
Sunday	10:45 a.m.	CRE	Soldiers'	Nelson & Martinez	Pat Treacy/526-5744
Sunday	11 a.m.	Mass	Healer	Evans Army Hospital	Fr. Battiato/649-5260
Sunday	12:15 p.m.	Mass	Provider	Barkeley & Ellis	Chap. Patton/526-5769
Tuesday	6:30 p.m.	RCIA	Soldiers'	Nelson & Martinez	Pat Treacy/526-5744
Saturday	4 p.m.	Reconciliation	Soldiers'	Nelson & Martinez	Chap. Patton/526-5769
PROTESTANT					
Sunday	9 a.m.	Protestant	Healer	Evans Army Hospital	Chap. Kincaid/526-7387
Sunday	9 a.m.	Protestant	Provider	Barkeley & Ellis	Chap. Borden/526-3711
Sunday	11 a.m.	Protestant	Soldiers'	Nelson & Martinez	Chap. Fox/526-8011
Sunday	11 a.m.	Prot./Gospel	Prussman	Barkeley & Prussman	Chap. Byrd/526-2811
Sunday	9:30 a.m.	Sun. School	Prussman	Barkeley & Prussman	Chap. Byrd/526-2811
Sunday	9:30 a.m.	Sun. School	Soldiers'	Nelson & Martinez	Dr. Schreck/526-5626
Tuesday	9 a.m.	PWOC	Soldiers'	Nelson & Martinez	Chap. Fox/524-1166
Sunday	11 a.m.	Contemporary	Veterans'	Magrath & Titus	Chap. Ellison/526-8890
Sunday	6 p.m.	PYOC	Soldiers'	Nelson & Martinez	Ms. Schreck/524-1166
LITURGICAL					
Sunday	10:45 a.m.	Lutheran	Provider	Barkeley & Ellis	Chap. Lloyd/526-3888
JEWISH					
For information and a schedule of Jewish Sabbath services, call the U.S. Air Force Academy Cadet Chapel at 333-2636.					
WICCA					
Monday	6:30 p.m.	Family University	Building 1161		Melissa Dalugdug/330-7873
MORMON					
Sunday	2 p.m.	LDS	Provider	Barkeley & Ellis	Chap. Jones/526-3718
NATIVE AMERICAN SWEATLODGE					
Native American Sweatlodge ceremonies (He Ska Akicita Inipi) are offered to military personnel, dependents and Department of Defense personnel for traditional prayer and purification. Fasting before the ceremony is recommended and refreshments are offered following the ceremony. Please call the following for ceremonial information and directions. Michael Dunning 382-5331 or 330-9537, or Zoe Goodblanket 442-0929.					
For additional information, contact the Installation Chaplain's Office, building 1550, at 526-5209. Normally, free child-care is available during on-post worship services.					

Daily Bible readings: In order to assist in regular scripture reading, the following scriptures are recommended. These scriptures are part of the common daily lectionary which is designed to present the entire Bible over a three-year cycle.

Friday — Psalms 63 & Exodus 16-18

Saturday — Psalms 64 & Exodus 19-21

Sunday — Psalms 65 & Exodus 22-24

Monday — Psalms 66 & Exodus 25-27

Tuesday — Psalms 67 & Exodus 28-30

Wednesday — Psalms 68 & Exodus 31-33

Thursday — Psalms 69 & Exodus 34-36

The Army Cycle Of Prayer — Each week the Office of the Army Chief of Chaplains will highlight Army units, the Army at large, the nation and religious organizations to focus prayer. You are invited to join with the chaplain community and pray for these individuals and organizations. Please pray this week for the following:

Unit: For the Soldiers and leaders of the U.S. Army Reserve, 63rd Reserve Support Command, headquartered in Los Alamitos, Calif.

Army: For the Soldiers, noncommissioned officers and officers of the Adjutant General Corps. May God bless these dedicated servants who lead the Army in managing the careers of its Soldiers and families.

State: For all Soldiers and families from the state of California. Pray also for Gov. Arnold Schwarzenegger, the legislators and municipal officials of the Golden State.

Nation: For the thousands of workers and visionaries in the field of information technology. Pray that as this sector of our economy develops, God would guide people to shape it in just ways that assist people in creating better lives for themselves and their families.

Religious: For all Soldiers and families from the Bible Churches Chaplaincy. Pray also for all chaplains endorsed to serve on behalf of this community of faith. For more information on the Army Cycle of Prayer, or to pray for items from previous weeks, visit the cycle's Web site at www.usarmychaplain.com.



A Soldier in the 984th Military Police Company fires at a pop-up target during live-fire convoy operations training Jan. 14. The convoy didn't stop during the simulated ambush, which lasted but a few seconds. A few minutes later, the convoy came under ambush with a simulated improvised explosive device that disabled a vehicle and injured its driver. That engagement resulted in a simulated firefight that lasted almost five minutes and expended hundreds of rounds of ammunition.



A team of Military Police from the 984th Military Police Company exercises caution before entering a room during a training exercise in which they practiced clearing buildings that had both friendly and unfriendly targets.



After clearing two buildings in a sweep of the mock town on range 141A, Military Police from the 984th Military Police Company expended the rest of their ammunition on outside targets.

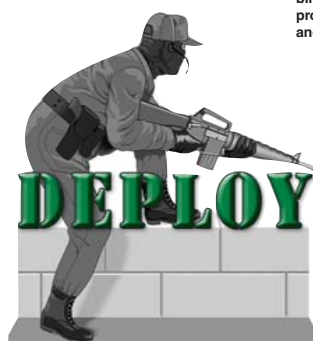
Photos by Cpl. Matt Millham



After entering the building, speed is necessary to maintain the element of surprise and minimize the risk of injury to the Military Police.



Providing cover for a team that finished clearing a building helps to eliminate the possibility of an ambush from militants who are outside the building. As the sweep of the town progresses, the Military Police anticipate they may lose some of the element of surprise and expect attacks from all angles.



DEPLOYMENT TRAINING

by Cpl. Matt Millham
14th Public Affairs Detachment

When the war in Iraq was a few weeks old and the Iraqis on television appeared relieved, if not outright grateful, over the toppling of their dictator, it was hard to imagine that months later Soldiers would be guarding against ambushes, rocket-propelled grenades and roadside bombs.

Now, almost a year after the war in Iraq started, the second wave of American Soldiers is preparing to take over the daunting task of maintaining a tenuous peace in a country that is, for the first time in decades, tasting freedom. But where the Soldiers in the first rotation were perhaps unprepared for dealing with deadly roadside bombs and ambushes by plainclothes civilians, the Soldiers who will soon be taking over have been able to prepare with the benefit of lessons learned by their comrades in Iraq.

Readying for its yearlong tour in Iraq, the 984th Military Police Company has spent more time than usual familiarizing itself with its weapons, vehicles and tactics.

Where previously, MPs trained for convoy operations in the classroom, the 984th trained its entire unit — even those who aren't MPs — in the field

with realistic scenarios, simulated enemies and live ammunition.

During the third week of January, the company simulated a convoy that came under multiple ambushes and culminated in the disabling of a vehicle by an improvised explosive device and an organized ambush by dozens of attackers.

Armed with the latest addition to the MP's arsenal of vehicles, the M1117 Guardian Armored Security Vehicle, each team in the 984th carries more firepower than an entire infantry squad, said Spc. David Sadlemeyer, an MP in the company's 2nd Platoon. The 984th was the first MP company on Fort Carson to get the new ASVs, each armed with an MK-19 grenade launcher, a .50-caliber machine gun and a squad automatic weapon. The Guardian is designed to be able to take a direct hit from an RPG and keep its crew alive. Whether the vehicle will make it through the hit is another story.

In Iraq, "one was hit from behind by an RPG and it pretty much took out the entire engine casing," said Sadlemeyer. "But there were no deaths, no injuries."

But not all of their missions will require or allow the 984th the protection of the new armored vehicles.

A week after the convoy training, they headed back to the range to practice tactics used to raid complexes of buildings — again with live ammunition. Three teams of three or four Soldiers each

entered buildings with several rooms and cleared each room, engaging "hostile" targets with M-4 carbines and M-9 pistols. Here, without heavy weapons and only their Kevlar helmets and flak vests to shield them from enemies, they are more vulnerable but prepared for attack.

"As far as being prepared, we're as prepared as we can be without having been over there," said Sadlemeyer. "Of course, that all changes once you get over there."

"Before (the first Soldiers) went over there, they didn't have to train on IEDs or security operations," said Sgt. Troy Taylor, 2nd Plt., 984th MPs.

"We've had the opportunity to learn from them," said Sadlemeyer.

"Before leaving, everyone in the company will have gone through at least three or four live-fire ranges," said Sgt. 1st Class Scott Howe, a platoon sergeant in the 984th. "The ASVs — they'll have gotten to at least four or five live-fire ranges," he said.

With better preparation than their predecessors and a dozen new ASVs, the 984th is already better outfitted to take over the task of keeping the peace in Iraq than their compatriot MPs who are already there. But unlike the pop-up and paper targets they've engaged so far, the enemy they'll be guarding against in Iraq will shoot back, and that's something no Soldier can realistically train for.



Out & About

Feb. 6 - 13, 2004

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Fort Carson Ski Day at Ski Cooper

February 20, 2004

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- Child (6 through 14) - \$19.00
- Learn to Ski/Board, Child or Adult 11 years & up \$49.50

The first 90 people to sign up will have free transportation provided. Additional transportation will be at individual's expense

• Buses leave from the Outdoor Recreation Complex Parking lot, Building 2429 Specker Ave., at 6:00 am on February 20th.

• Sign up and get your ticket at ITR building 2429

• For more information contact Recreation Programs 526-2151 or 524-



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Sports & Leisure

All-Army wrestling

Army wrestlers look for military gold

by Walt Johnson
Mountaineer staff

Editor's Note: Members of the all-Army wrestling team will take part in the Dave Schultz Memorial International Saturday and Sunday at the U.S. Olympic Training Center in Colorado Springs. Saturday's session begins at 9 a.m.

Last year the U. S. Army wrestling team dominated the competition at the interservice and national wrestling championships.

This year, members of the Army's World Class Athlete wrestling program and 12 elite wrestlers from the Army's worldwide community will vie for a position on the all-Army team that will challenge the other U.S. military services for this year's top prize in interservice wrestling competition. If the team is as successful as it's been in the past, the Army team will be battling for a national title as well.

The Army team so dominated last year's event that only four of the weight classes did not have an Army member as champion. If all-Army wrestling head coach Shon Lewis has his way, not only will the Army keep the titles it won last year, it will also walk away with the four that got away.

"Last year was one of the most dominant showings by an Army

wrestling team in some time. Not only did we dominate the interservice competition, we went on to win the nationals for the third consecutive year," Lewis said.

Winning the interservice championship this year may prove less of a challenge than repeating as national champions. Lewis said this is the year when anything can happen and probably will.

"Winning the national championship this year will be a little more difficult because this is an Olympic year and crazy things happen in an Olympic year. You have a lot of the older guys who want to come out and be a spoiler or take their last chance at victory and new guys whose dream it is to make the Olympic team. We definitely have the talent to compete on the interservice and national levels but we are going to have to be very focused and handle each situation at hand," Lewis said.

The Army team is currently working out twice a day at the World Class Athlete Program wrestling training area preparing for the all-Army wrestling trials Feb. 25 at the Special Events Center. After the trials, which will select the all-Army team, the all-Army team will meet U.S. Olympic athletes in a meet, which will begin this year's quest for gold.

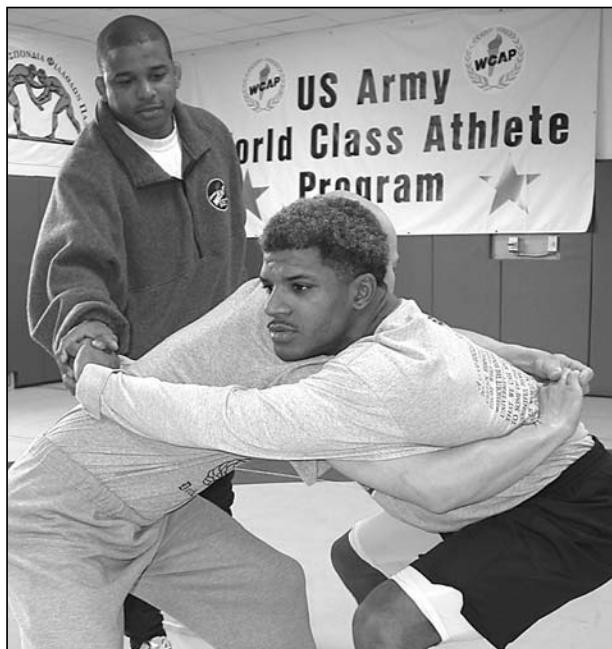


Photo by Walt Johnson

World Class Athlete Program and all-Army wrestling coach Shon Lewis, left, gives pointers to Erin Kowal, center and Jason Tolbert during a training session at the World Class Athlete Program wrestling training facility.

Mountaineer Youth Sports



Photo by Walt Johnson

Stop me if you can ...

Fort Carson Youth Center 5- to 6-year-old Cavaliers player Michael Baldry, with the ball, drives to the hoop during youth center basketball action Saturday at the post youth center. Youth games are played each Saturday (beginning at 9 a.m.) and some Wednesdays (at 6 p.m.).

On the Bench

Now that was a Super Bowl performance



Johnson

by Walt Johnson
Mountaineer staff

Forrest Fitness Center will be hosting a racquetball tournament Feb. 17 to 19.

Details for the tournament can be obtained by contacting Nick Nickerson at 526-2706. The deadline for sign-ups for the tournament is Wednesday.

The all-Army wrestling championships (see a related story on page 19) will be held Feb. 25 at the Special Events Center.

During the event, T-shirts, foam swords, foam footballs and other items will be given to people in attendance. If you bring your appetite there will also be a concession stand at the Special Events Center.

Congratulations go out to Carol Ford, 10th Combat Support Hospital, for her selection to the all-Army women's basketball trial

camp.

The camp will be held March 10 through April 1 in Indiantown Gap, Pa. More on this outstanding athlete in a future edition of the *Mountaineer*.

This year's Fort Carson Ski Day event is scheduled for Feb. 20 at Ski Cooper.

Features of this year's event include: an all-area, all-day ski pass, free rental ski equipment, free transportation for the first 90 people who sign up, free continental breakfast, and drink and snacks. Buses will leave from the Outdoor Recreation Center parking lot at 6 a.m. For more information, contact recreation programs at 526-2151 or 524-1388 or Information, Tickets and Registrations at 526-2083.

If you are a Colorado Rockies baseball fan, pitchers and catchers report in less than 10 days, then the upcoming year's schedule should make you very happy.

The Rockies will host their usual National League opponents and this

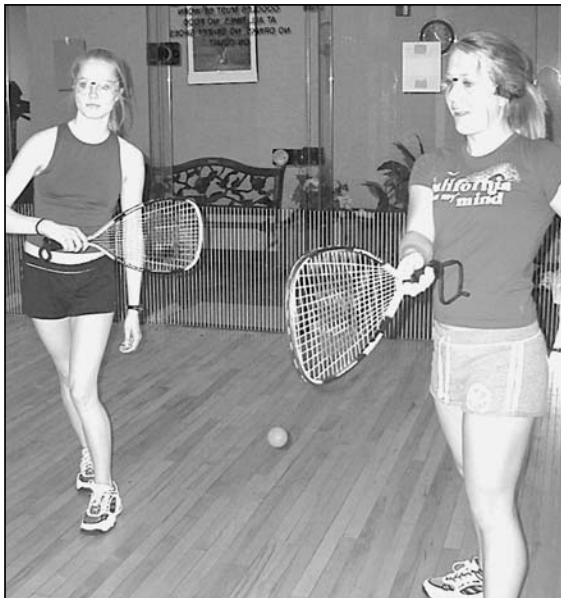


Photo by Walt Johnson

Sister, Sister ...

Shannon Fitzpatrick, right, gets in a game of racquetball with her sister Diana Fitzpatrick recently at Forrest Fitness Center. Forrest Fitness Center will host a racquetball tournament Feb. 17 to 19. Details for the tournament can be obtained by contacting Nick Nickerson at 526-2706. The deadline for sign-ups for the tournament is Wednesday.



Photo by Walt Johnson

Fitlinxx top performer ...

James Gordon, retired, shows the form that has helped him lift more than 600,000 pounds while participating at Garcia Physical Fitness Center's FitLinxx program.

Bench

From Page 22

year Boston Red Sox and Detroit Tigers will pay a visit to Coors Field.

The Fountain-Fort Carson Trojans boys' basketball team will travel to Woodland Park Saturday to meet the Panthers at 7 p.m.

The Fountain Fort Carson girls' basketball team will host the Woodland Park Panthers girls team at 7 p.m. at Fountain-Fort Carson High School.

Man, was that a great Super Bowl game or what?

It may have started out slowly, but it sure did pick up steam as the night went on. It already ranks in my top five Super Bowls ever and may make the top three when I get time to really understand what I saw Sunday night. I've got a few notes I jotted down from the game, let's see if you agree with any of my observations.

The first surprise of the game.

I'm a firm believer in putting my defense on the field first in a big game. When the Carolina Panthers won the toss to begin the game and elected to

receive, I thought either they felt like they knew something about the New England Patriots defense they could exploit, or they made a big mistake. I think they made a big mistake.

This game was about field position, and most people believed that even before the start of the game, and the Panthers found themselves wasting its first three series just trying to get in decent field position. Give a team like the Patriots that kind of an advantage, and you're asking for trouble.

Best commercial of the game.

This is the first year in some time that I thought the commercials actually were worth watching. I had quite a few of them I found amusing. The Pepsi ad with the two bears was nice. Cedric the Entertainer's Bud Light commercial was nice also. My favorites though had to be the nagging wife in the Budweiser commercial and the Bud light commercial with the two dogs. Priceless stuff, I thought.

Got a story idea? Contact me at internj@aol.com or page me at 659-2308.

Mountaineer Event of the Week

Trojans beat Gladiators, Indians ...

Fountain-Fort Carson's Ben Valdez, left with the ball, goes to the basket for two of his team's 70 points Friday night at Widefield High School. The Trojans continued their winning ways Friday, beating the Widefield Gladiators and Tuesday when they defeated the Cheyenne Mountain Indians.



Photo by Walt Johnson

Mountaineer Sports Spotlight

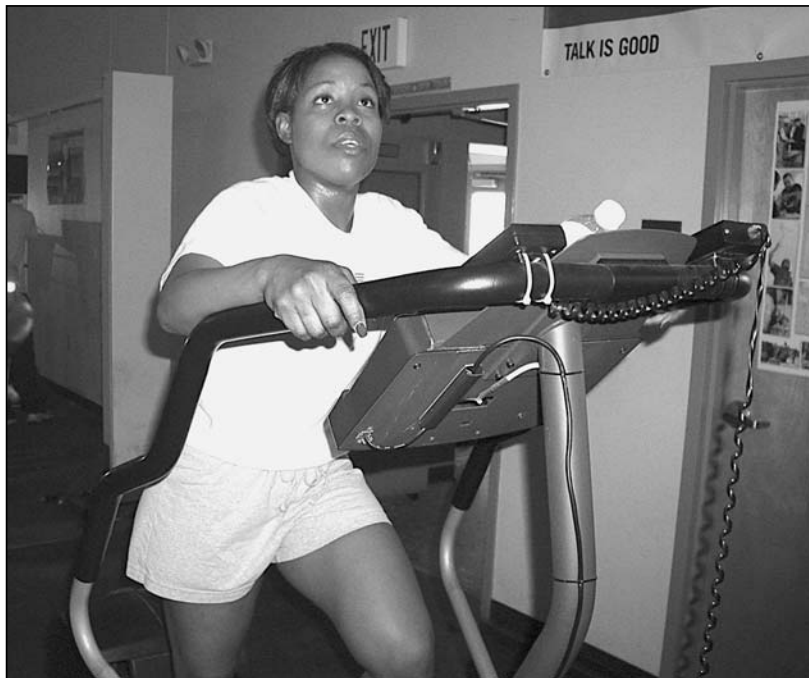


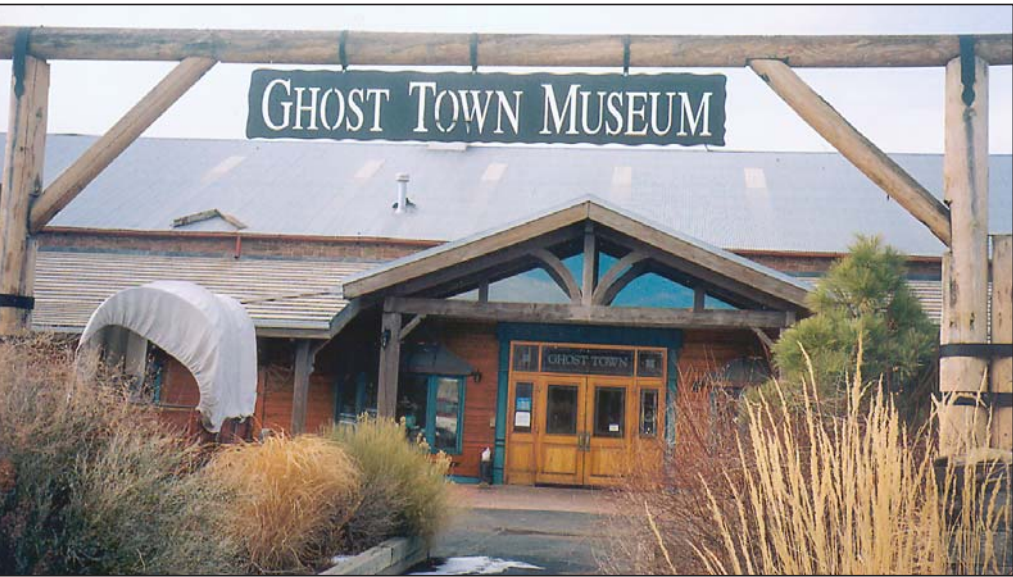
Photo by Walt Johnson

Exercising at world class facility ...

Quimberly Young, 5025th Garrison Support Unit gets in a workout on one of Forrest Fitness Center's stairmaster machines. The post has a number of quality gyms with state-of-the-art equipment Soldiers, civilian employees, retirees and family members can use to get in shape or stay in shape.

Ghost Town is popular with tourists

Happoemins



The Ghost Town Museum, on the city's West Side, has been drawing visitors of all ages for 50 years.

**Story and photos by
Nel Lampe**
Mountaineer staff
olorado is part of the Old West, after all. When tourists visit, they sometimes want to see some remnants of olden times. When you have visitors hankering for a taste of the Old West, Ghost Town is the place to go. Tourists from California, New York, Montana, Georgia and Kansas signed the guest book last week, as did visitors from Italy, Germany and Turkey. Lots of tourists visit Ghost Town during the summer.

Ghost Town, near Old Colorado City, has been a "tourist attraction" for 50 years. It's open year-round, but



A family exploring Ghost Town pauses to listen in on the party line.

crowds are slim in winter. It's a place to spend some time indoors while the wind and snow blows outside.

Ghost Town is in a historic building once used by the Colorado Midland Railroad for repairing trains. The woman who started the attraction collected antiques. She acquired the Midland Railroad building as a place for her antiques, then found authentic Colorado buildings which were re-located and reassembled into a small western-style town. The facility became a tourist attraction, depicting almost any typical Western town in the Old West.

The entire town is under cover, making it a good place to visit during inclement weather.

First stop at Ghost Town is the large gift shop. You can browse before or, better yet, after your tour of Ghost Town. Purchase your tickets for entry to Ghost Town from the gift shop cashier.

The gift shop is incredibly well stocked; there's a large selection of

standard Colorado souvenirs and western- and American Indian-themed memorabilia, gifts and knickknacks. There are cups, calendars, shot glasses, key chains, lamps and magnets. Wind chimes, pottery, Western art and books about Colorado towns are stocked. There are blankets, rugs and wall hangings for sale. Shirts, hats, T-shirts, children's clothing and stuffed toys are sold. Children are interested in pieces of gold ore and bags of polished rocks or a vial of gold or silver flakes.

When ready, enter Ghost Town for a self-guided tour. Spend as much time as you like, browsing through the stores, looking at the Victorian-age equipment and housekeeping items displayed.

Wooden plank sidewalks run in front of the buildings. Wagons and watering troughs for horses are located along the street. Wagons are parked near the sidewalk.

Visit all the buildings, look at the

See Ghost Town, Page 26



Ghost Town has its own barber shop.



Places to see in the Pikes Peak area.

Feb. 6, 2004



Ghost Town

From Page 25

antiques and read the signs on items of interest. There's a jail, newspaper office, barber shop, blacksmith shop, drug store, rooming house, Wells Fargo office and the saloon. Most of the buildings have a button to push, which sets off a recorded voice and animates one of the costumed figures in the display, explaining that particular exhibit. An announcement at the Wells Fargo stage office announces the stage coach to Cripple Creek is a six-hour trip.

Children enjoy listening in on "party line conversations" at phones for that purpose at several places along the sidewalk.

Take along a few quarters, as there are several antique games and picture machines, featuring Charlie Chaplin, William S. Hart or gunfighters of the Old West, as well as a coin souvenir stamping machine. A shooting gallery is on site.

At the end of the street is a Fire House and the Livery Stable.

A variety of conveyances used in the Old West are located throughout Ghost Town, including horse-pulled sleighs, buggies and stage-coaches.

After passing the livery stable, follow the signs to the old Victorian home fully furnished in 1890s antiques. A fun-house mirror in the Victorian house makes people look skinny and is a hit with youngsters.



A young visitor to the old-fashioned shooting gallery aims at a target.

After exploring the Victorian house, head back into town and stop at the theater for the 10-minute video, "The Taming of the West." The video runs continuously.

One of the most popular activities at Ghost Town is only open in summer. There are two gold panning stations, one near the Victorian House and another at the north end of the complex. People of all ages like to pan



Visitors exit the saloon in Ghost Town. The buildings along the main street are authentic buildings which have been moved to the site.

for real gold, but weather has to be warm enough so the water doesn't freeze.

And if you didn't do your souvenir shopping on the way in, remember to stop at the gift shop before you leave.

Ghost Town is all year, from 10 a.m. until 5 p.m., Monday through Saturday, and noon until 5 p.m. on Sunday. However, in extremely inclement weather, call 634-0696 before you go. Ghost Town occasionally closes when weather is extremely bad.

Admission is \$6 for adults and \$3 for children ages 6 to 16. Children under age 6 are admitted free. There's a 50 cent discount if you show military ID. Or, go to the Web site ghost-townmuseum.com and print the discount coupon available there. It's good for \$1 off each adult or child ticket, up to a party of four.

There are a couple of picnic tables near the gold panning area, if visitors brought their own lunch. There's no food facility on premises.

Ghost Town can be booked for receptions, weddings, farewell parties or banquets, including saloon facilities. Options for entertainment are also available. Call 634-0696 for information about booking the facilities for parties or events.

To reach Ghost Town Museum, go north on Highway 115 or Interstate 25 to Cimarron and go west. Take a left on 21st Street, then enter the drive for Van Briggles Pottery. Ghost Town is across from the Van Briggles building entrance.

There's plenty of free parking between the two buildings.



The General Store is stocked as it might have been in the Victorian era. All items are antiques.



Several conveyances used in the Old West are parked at the Livery Stable in Ghost Town.

Just the Facts

- **Travel time** 20 minutes
- **For ages** families
- **Type** museum
- **Fun factor** ★★★ (Out of 5 stars)
- **Wallet damage** \$
 - \$ = Less than \$20
 - \$\$ = \$21 to \$40
 - \$\$\$ = \$41 to \$60
 - (Based on a family of four)

Get Out!

Denver concerts

Red Stewart is in concert at the Pepsi Center in Denver, April 8 at 7:30 p.m. Call 520-9090 for ticket information.

Alan Jackson and Martina McBride are at the Pepsi Center April 1. Call 520-9090 for ticket information.

Kelly Clarkson and Clay Aiken, of American Idol fame, are in Denver's Pepsi Center April 13 at 7 p.m. Check with Ticketmaster at 520-9090 for tickets.

Denver appearances

Bill Cosby is in the Buell Theatre at 14th and Curtis in downtown Denver at 5 and 8 p.m. Feb. 28. Call Ticketmaster at 520-9090 for tickets.

Chris Rock performs at 8 p.m. Feb. 26 in Buell Theater in downtown Denver at 14th and Curtis. Call Ticketmaster, 520-9090 for tickets.

Big Band Dance

A Big Band Dance commemorating the 100th anniversary of the birth of Glenn Miller is set for Feb. 28, from 6:30 to 10 p.m. in the Colorado Springs City Auditorium. Active duty military in uniform with valid ID will be admitted free to the dance.

World Arena concerts

Neil Young and Crazy Horse are in the World Arena Feb. 29. Tickets start at \$39.50. **Barenaked Ladies** are set for March 22; tickets start at \$35.

"Disney on Ice" is March 17 through 21. The jungle adventures have various show times. Tickets are at the World Arena box office or call 576-2626.

Broadway theater

Next in the Broadway Series in the Pikes Peak Center is "Fame," Feb. 17 and 18. Call

520-SHOW for tickets. The next performance in the series is "Rent," March 16 and 17.

Courthouse exhibit

A special exhibit in the Colorado Springs Pioneers Museum, "Capture the Courthouse: Architectural Detail as Art" marks the 100th anniversary of the building, originally the El Paso County Courthouse. Pioneers Museum is at 215 S. Tejon St., and is open Tuesday through Saturday from 10 a.m. to 5 p.m.; free admission.

Fine Arts theater

The Fine Arts Center's next repertory production is "Sweet Charity," a comedy by Neil Simon. The production opens today and runs through Feb. 22. Performances are Fridays and Saturdays at 8 p.m. and Sundays at 2 p.m. Tickets in advance are \$23; \$25 at the door. Call the box office at 634-5583 to make reservations.

Mining museum

Super Saturday program at the Western Museum of Mining and Industry is "Model Engineering Excitement" at 1 p.m. Feb. 14. The price is \$3 per person; call 488-0880. Learn about building models.

The mining museum is at 1025 N. Gate Road, just opposite the Academy's north gate.

Denver Zoo

The Denver Zoo has a free admission day Feb. 14. The Denver Zoo is in Denver's City Park. Take the Colorado Exit off Interstate 25 north to City Park, watch for signs.

Imagination Celebration

"Anne of Green Gables" is the Kennedy Imagination Celebration production at the Pikes Peak Center March 5 at 7 p.m., at 2:30 and 7 p.m. March 6 and at 2:30 p.m. March 7. Call 520-7469 for tickets, which are \$9.50.

Hot rods and cool bikes

The 14th annual Super Show and Swap Meet features Southern Colorado's best

indoor custom car and /bike show Feb. 14 and 15, at the Southern Colorado Expo, 1801 N. Union. There'll be 100 custom and antique motorcycles and 100 street rods or custom cars, a tattoo competition, a door prize and much more. Hours are Feb. 14 from 9 a.m. to 6 p.m. and Feb. 15 from 10 a.m. to 5 p.m. Adults are \$9, children 12 and under are free.

Carnivale

The annual Mardi Gras-type celebration, called Carnivale in Manitou Springs, is set for Feb. 21. The parade begins at 1 p.m. at Manitou's Memorial Park and meanders west along the main street. In conjunction with Carnivale, the gumbo cook off begins with judging at 11 a.m. in Soda Springs Park. Following the judging, the gumbo is available for tasting. To enter the parade or gumbo cooking contest, call the Manitou Chamber of Commerce, 685-5089.

Cirque in Denver

Cirque Du Soleil's "Varekai," the newest production, opens June 3 at the Pepsi Center. Tickets start at \$8.50 and go on sale Feb. 1; call (800) 678-5440, Ticketmaster at 520-9090 or go online at www.cirquedusoleil.com.

Family Day

The Fine Arts Center hosts "Family Day" Feb. 21 from 11 a.m. to 1 p.m. Activities focus on the museum's exhibition "Linda McCartney's Sixties: Portrait of an Era." There'll be '60s music and family tours of the exhibit. Attendees are invited to wear '60s' style clothing to the free event. The Fine Arts Center is at 30 W. Dale St.

Black History Month

A Drum Gathering and Dance marks Black History Month at the Hillside Community Center Saturday from noon until 6 p.m., 925 S. Institute. Call 385-7901 for information.

Academy theater

"A Few Good Men ... Dancin'" is Feb. 21 at the Academy's Arnold Hall. Call 333-4497.



Photo by Nel Lampe

Black history ...

The Infozone News Museum in the Rawlings Public Library in Pueblo celebrates black history month with displays, films and special events. The library is at 100 E. Abriendo Ave., and is open 9 a.m. to 9 p.m. Mondays through Thursdays, Friday and Saturday, 9 a.m. until 6 p.m. and Sundays from 1 to 5 p.m.



Program Schedule for Fort Carson cable Channel 10, today to Feb. 12.

Army Newswatch: stories on Operation Iraqi Freedom, the State of the Union address and Sgt. Maj. of the Army retirement. Aairs at 7:30 a.m., 12:30 p.m., 7:30 p.m. and 12:30 a.m.

Navy/Marine Corps News: stories on Sea Saber 2004, helping the Republic of Georgia and the U.S. Marine Corps Drill Instructor of the Year. Aairs at 8 a.m., 1 p.m., 8 p.m. and 1 a.m.

Air Force News: stories on Reserve activations, the anthrax inoculation program and housing privatization. Aairs at 8:30 a.m., 1:30 p.m., 8:30 p.m. and 1:30 a.m.

The Mountain Post Community Forum, held monthly, airs at 9 a.m. and 5:30 p.m.

Channel 9 daily broadcasts SCOLA, foreign language news broadcasts. Access the schedule at the Fort Carson Web site.

If you have comments on Channel 10 programming or wish to coordinate a broadcast on Channel 10, please contact Chief of Command Information at 526-1241 or via e-mail at CommandInfo@carson.army.mil.

Program times will be published in the *Mountaineer* provided coordination is made one week prior to publication.

If you wish to have a training videotape shown on Channel 9 only, contact the Regional Training Support Center at 526-5111.

For additions to the Community Calendar, please submit an e-mail to the above address, send a clean, typewritten copy of the information to the Public Affairs Office, room 2180, 6151 Specker Ave., Fort Carson, CO 80913 or fax information to 526-1021 no later than the Friday before the desired airing time.